

Yoga and 12-Step Recovery groups

I've started a new sober support community meeting that meets every 1st and 3rd Sunday of each month at the Yoga For Life studio on 3065 N Cole (behind Sockeye Grill and down from the library). The meeting times are from 5 to 7pm. For those who may want to attend or know someone who'd like to attend, please read the following:

Check www.Y12SR.com for meeting times and contact information under "meetings" list

If you or anyone else that plans to attend one of these community Yoga and 12-Step Recovery groups, please know that there is no smoking allowed in front of the Yoga For Life location. Tobacco reciprocals are located to the far left (north) of the building.

Y12SR classes are open to people with all levels of yoga experience and at all stages of recovery (minimum 24 hours clean time required). From the preamble for the Y12SR (Yoga of 12 Step Recovery) meetings, this is what you will be invited to experience: "Yoga of 12-Step Recovery is a twelve step based discussion and yoga practice open to anyone and everyone affected by the addictive behavior of others or dealing with their own addictive behavior. This is an open and inclusive group. All A's are welcome.

In this group we weave together the ancient wisdom of yoga and the practical tools of 12- step programs. We recognize that the "issues live in our tissues" and through our intentional, themed yoga practice, guided by our breath, we invoke the God of our understanding to help us release whatever is being held.

This group is no way a replacement for 12-Step meetings, a sponsor, or any other part of a 12-Step recovery program. It is an adjunct providing what we believe is another helpful tool in addressing the physical, mental and spiritual dis-ease of addiction. Our sharing and practice are based in the 12-Steps. Just as the practices of yoga bring us into alignment, the 12 Steps bring us into right alignment with something greater than ourselves."

Class Fee: By Donation. Suggested Donation \$10.00. If able to donate, one third of the donations will go to a local non-profit recovery service organization, one third to the instructor, and one third to pay rent to the space holder Yoga For Life. No one will be turned away if he/she is not able to provide donations.

Thank you for sharing the above and for your consideration. I hope to see you all there.
Namaste,

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